

# AD IT YOURSELF

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## Soundproof Your Bedroom With These 4 Effective Tricks

The furniture, textiles, and art in your sleeping space all play a role

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Your bedroom should be a serene oasis in which to unwind—and while comfortable furniture and soothing hues are essential elements of a sleep space, the best bedrooms are also quiet retreats that do not easily let in or emit sound. Whether you're looking to upgrade your existing space or are in the process of designing a home from scratch, you'll be pleased to know that there are a number of ways to learn how to soundproof a bedroom. Below, designers share their tried-and-true tricks.

## Think textiles

Next, address your headboard situation. “A tall headboard that wraps a three-sided alcove wall creates a cocoon and dampens sound,” Alexander explains. An upholstered bed or side chair are also useful, Weinstein adds.

Then go to town tackling other areas of the room. “Soft goods are extremely helpful with sound absorption,” designer Stephanie Lindsey states. Architectural designer Anthony Wilder points out that heavy draperies and accent rugs around the bed—or wall-to-wall carpeting—will work wonders.

And, of course, go ahead and pick your favorite hues and patterns in the process. “These items can provide extraordinary opportunities for unique design elements as well, so it's a win-win!” Lindsey adds.